

Operating instructions  
**Microwave Oven**

■ **CAPLE** ■



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**Important safety instructions. Read carefully  
and keep for future reference.**



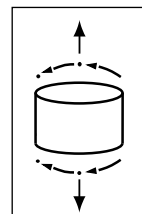
# Installation

## BEFORE CONNECTION

- Check whether your oven has suffered any damage during transport (deformed door or door seal, etc.). If you see any signs of damage, contact your dealer before use.
- Verify the power voltage. If there is a PERMANENT undervoltage (200-210 volts), consult your electrical installer.

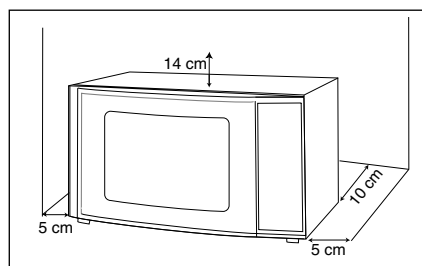
## LOCATION

- The appliance should be installed at a distance of 85 cm above floor.
- Place the oven on a flat and horizontal surface, away from any source of heat or steam. To ensure the stability of the microwave oven, the front left foot is adjustable (5 positions). Turn it to raise or lower the appliance.
- Make sure that air may circulate freely around the oven.



Leave sufficient space around the oven :

- 5 cm between the sides of the oven and any walls or objects
- 14 cm above the oven
- 10 cm behind the oven.



- Make sure that nothing obstructs the ventilation louvers at the back of the appliance.
- Some ovens are designed for flush-fitting. To obtain the corresponding kit, consult your dealer
- Make sure the electrical plug will be accessible after installation.
- Do not use your appliance immediately (wait approx. 1-2 hours) after transfer from a cold place to a warm place as condensation may cause a malfunction.

## ELECTRICAL CONNECTION

- Your installation must be protected by a 13 Amp thermal fuse.
- It is mandatory to use a power point with a **ground terminal**, connected in accordance with current safety regulations.
- In your electrical installation, provide a device that is accessible to the installer, capable of separating the appliance from the mains power and whose contact opening is at least 3 mm at all of the poles.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

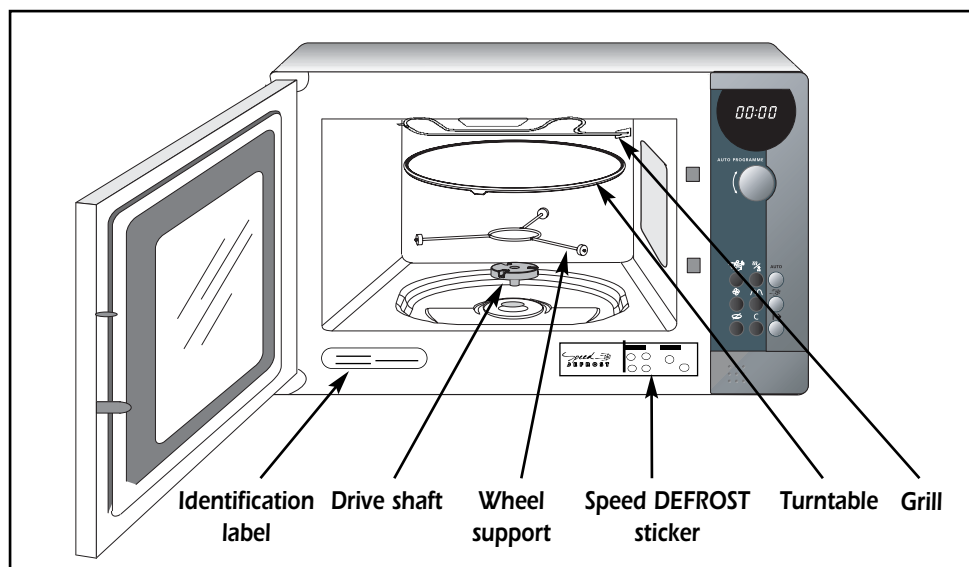


## Warning

- Your appliance is designed exclusively for the domestic purposes of defrosting, heating or cooking foods. The manufacturer bears no responsibility in the case of improper usage.
- Only use utensils that are suitable for use in microwave ovens.
- To avoid deterioration of your microwave oven, never operate it empty or without the turntable.
- Never tamper with the lock mechanism of your microwave oven; you could cause damage requiring repair by an authorised technician.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- It is not advisable to use metal recipients, forks, spoons, knives, metal ties or staples for deep-freeze bags.
- The contents of feeding bottles or baby food jars shall be stirred or shaken and the temperature checked before consumption in order to avoid burns.
- Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- Liquids and other foods must not be heated in sealed containers they are liable to explode.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- For small amounts (one sausage, a single croissant, etc.), place a glass of water alongside the food item.
- Time settings that are too long may dry out and burn the food. To avoid such incidents, never use the same cooking times as those recommended for traditional ovens.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- In order to evacuate moisture, your appliance is fitted with a delayed ventilation function. Depending on the applied cooking mode (solo / grill / combination), the oven ventilation will continue to operate after the cooking end.



## General description



### ■ THE TURNTABLE :

ensures equal cooking of food throughout with no need to intervene.

- It may be used as a cooking surface.
- Rotation is controlled by the drive shaft and the wheel support.
- The turntable rotates in both directions.
- If it does not turn, verify that all components are properly positioned.
- For easy removal, wells are provided on either side.

### ■ TURNTABLE OFF :

stops the turntable from revolving in order to use platters which require the entire oven space. When off, remember to turn the recipient or stir the contents.









### ■ THE WHEEL SUPPORT :

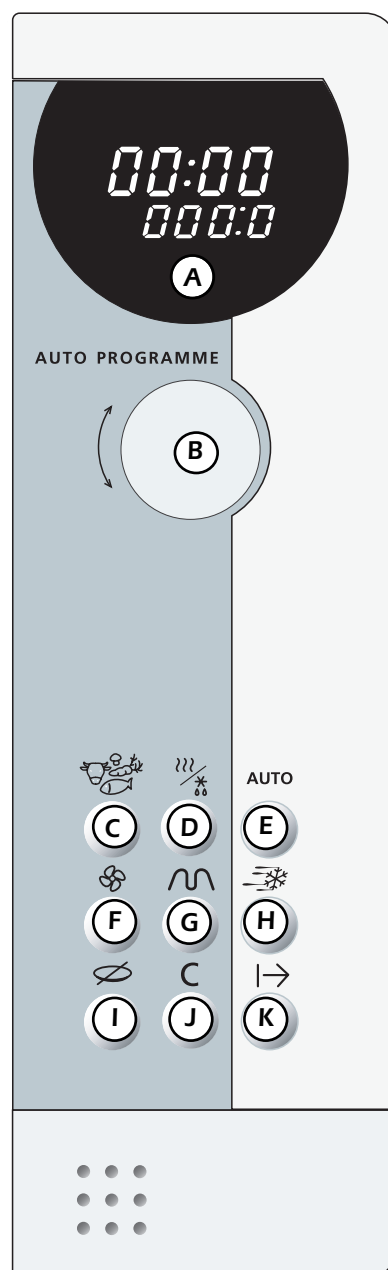
Do not try to rotate the roller ring manually, as you could damage the drive system. If it does not turn smoothly, make sure that there is nothing in the well beneath the turntable.

- **Speed DEFROST STICKER** : position the sticker as shown above.



## The control panel

- A Display window :**  
to simplify programming, the display indicates : the time of day, the types of food and functions, the minutes / seconds, weight or temperature programmed.
- B The selector knob :**  
to choose the food type, function, programme time, weight or temperature.
- C FOOD TYPE key**  :  
to choose the food type, with the selector knob.
- D FUNCTION key**  :  
to choose the appropriate function, with the selector knob.
- E "AUTO" key :**  
automatically sets the correct programme time according to a specified food type and weight.
- F FAN key**  :  
to cook as if with a traditional oven.
- G GRILL key**  :  
to select low or high grill.
- H "Speed DEFROST" key**  :  
to quickly defrost all types of frozen food.
- I STOP-TURNTABLE key**  :  
to stop the turntable from revolving.
- J PAUSE/CANCEL key**  :  
to interrupt (press once) or cancel a programme (press twice). Also used to set the clock.
- K START key**  :  
to start all programmes.





## Setting the clock

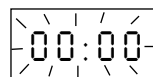
After first plugging in your microwave oven or after a power outage, the clock reads 00:00 and the two dots flash.



### To set the clock :

- Press the **PAUSE / CANCEL key C** for 5 seconds.

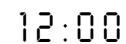
The 4 numbers flash, and a tone sounds indicating the hour must be set.







- Turn the selector knob to display the correct time.

- Validate by pressing the **PAUSE / CANCEL key C**.

**Your clock is set.**



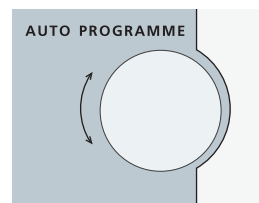
## Microwave power settings

POWER SETTING			APPLICATION
	DEFROST	150W	To defrost all frozen food or to top off cooking of delicate dishes or to cook very slowly.
	SIMMER	500W	To cook fish and poultry. To finish programmes begun with the HIGH COOK power setting, for instance beans, lentils, or dairy products. (This power setting is available when you programme with the function key.)
	HEAT	700W	To heat up all liquids and all fresh or frozen pre-cooked dishes.
	HIGH COOK	900W	To cook vegetables and soup.
Microwave output power : 900 W			

**When you select the type of food, the appropriate power setting is automatically programmed.**



## The display & the selector knob

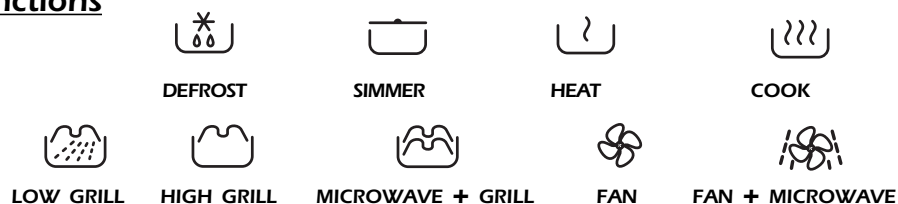


The display and the selector knob guide you in your choice of :

### food types



### functions



the weight for **Automatic** programming   g

the programme time (or clock)   12:00

the temperature for programming the fan functions   200°C

The food type or function being selected will blink in the display.

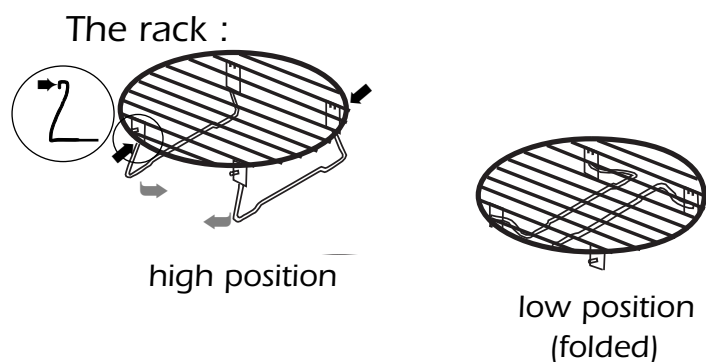


## The folding rack

To fold down the rack ➡ :

Push in on the hooked ends and fold the bars in towards the center.

When used with the microwave only or combined microwave functions, it must be positioned on the center of the turntable. Metal dishes may be used on the rack only with the **GRILL** function.



Never set any **metal** dish on the rack when using the microwave, grill + microwave or fan + microwave functions.

with the GRILL or GRILL + MICROWAVE functions :

choose the rack level according to the food you wish to grill :

- high position to brown shallow dishes, such as cheese on toast
- low position as required for other dishes, ex. shepherd's pie.

with the FAN or FAN + MICROWAVE functions :

always set your dishes on the rack folded down to the low position.

Make sure that the rack is well centered on the turntable.



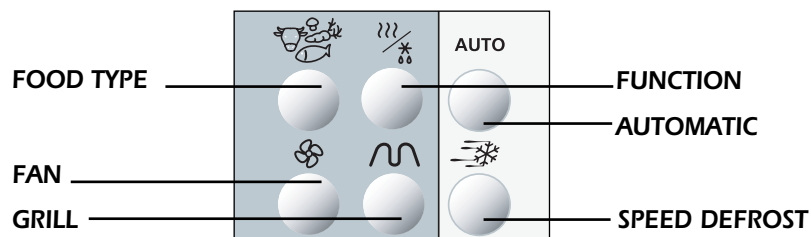
## Programming


**Your microwave oven is now plugged in and the clock is set.**

Open the door. Set the dish inside, close the door.

If the door is not properly shut, the appliance will not operate.

**The following keys are used for the various programmes :**





- 3 beeps announce the end of a programme. The beeps are repeated every minute for 10 minutes until you open the door.
- If you think there is insufficient space for the dish to turn freely inside the oven, press the **STOP TURNTABLE** key  before or during the programme.
- If there is an error in the programming, press the **CANCEL** key **C** twice.

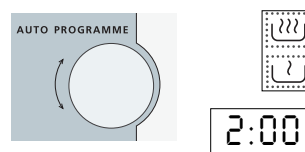


## Programming the microwave function

You may choose amongst the following programmes :



### Express programme

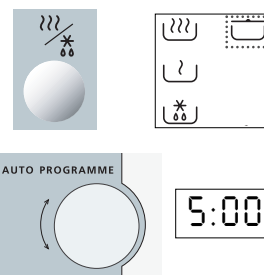
- ▼ Set the programme time (ex. 2 minutes) with the selector knob.  
The functions  &  blink alternatively to indicate that the express programme (900 W) is set.




- ▼ Press **START** .

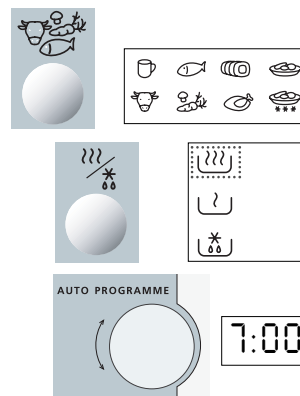
### Programming with the function key

- ▼ Press the **FUNCTION** key, make your selection.  
With this key, the **SIMMER** setting  is available.
- ▼ Wait until 00:00 flashes, set the programme time with the selector knob.
- ▼ Press **START** .



### Programming with the food type key

- ▼ Press the **FOOD TYPE** key, make your selection.
- ▼ Press the **FUNCTION** key, make your selection;  
the correct microwave power setting will be programmed according to the food type selected.
- ▼ Wait until 00:00 flashes, set the programme time with the selector knob.
- ▼ Press **START** .





## Auto Programming

### Automatic programming

With the **AUTO** key, the programme time is set **auto-**  
**matically** according to the weight of your food item.

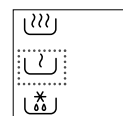
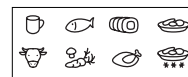
▼ Press the **FOOD TYPE** key, make your selection.

▼ Press the **FUNCTION** key, make your selection.

▼ Press the **AUTO** key; **50 g** flashes,  
use the selector knob to indicate the weight of your food item.

▼ Press **START** |→ .

**The appropriate time is programmed automatically.**



**500 g**

**9:00**



## Speed DEFROST

With the Speed DEFROST key you can quickly defrost all types of frozen food. To guarantee quality results, use Speed DEFROST for dishes weighing up to 500g. To defrost food items over 500g, use the FUNCTION key (as described on the preceding page).

- ▼ For quick defrosting of meat, poultry, fish, vegetables and beverages, press the **Speed DEFROST** key once :



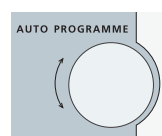
**5 d1** is displayed.

- ▼ For quick defrosting of bread, rolls and pastry, press the **Speed DEFROST** key twice :

**5 d2** is displayed.

- ▼ Wait until **100 g** flashes.

- ▼ Use the selector knob to enter the weight of your food item (up to 500g).




**400**

- ▼ Press **START** |→.

The defrost time corresponding to the given weight is automatically calculated.

Necessary time may vary according to the initial temperature of the food (the defrost times were calculated for food frozen at -18°C).

The defrost time is displayed and the programme begins.

- When using Speed DEFROST or the defrost function  a beep indicates the mid-point of the programme (the oven continues to operate). To obtain the best results, turn the food at this time, close the door and press the **START** key |→ to continue the second half of the programme.



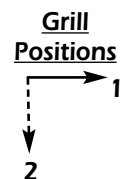
## The grill function

This function enables you to brown dishes such as gratins or meat. It may be used before or after cooking, as called for in the recipe.

### ■ The grill folds down for easy cleaning :

1. **Horizontal position**: for cooking au gratin, grilled food laid flat.
2. **Vertical position** : for cleaning the oven.

**Always allow the grill to cool off 25 minutes before touching it.**



- After grilling make sure to use an oven mitt to handle dishes, and remember to use only oven proof cookware such as ceramic dishes or heat resistant glass.
- The dual level grill offers you a choice between : **HIGH GRILL** (press the GRILL key once) and **LOW GRILL** (press twice).  
As a rule, use the **HIGH GRILL level** to grill meat and fish and the **LOW GRILL level** with the simultaneous microwave + grill function for gratins and to brown delicate dishes.

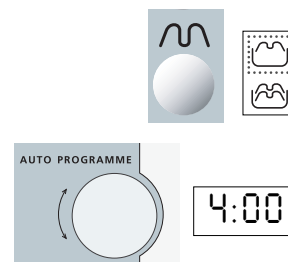
### Programming the dual-level grill

▼ Press the **GRILL** key once to select **HIGH GRILL** ,  
press twice to select **LOW GRILL** .

▼ Wait until 00:00 flashes, set the programme time with the selector knob.

▼ Press **START** .

► Press the **GRILL** key a third time to turn the grill off.







## The microwave + grill function

This function enables you to use the microwaves and grill **simultaneously**, for rapid cooking.

### Programming the microwave + grill functions simultaneously :

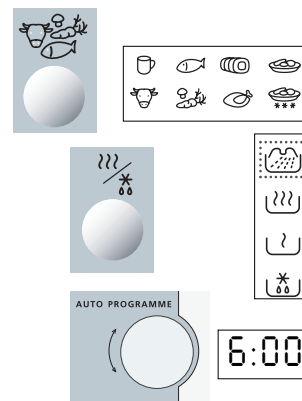
▼ Press the **FOOD TYPE** key, make your selection.

▼ Press the **FUNCTION** key  , select the microwave + grill  unction.



The appropriate microwave power setting and the grill level will be automatically adjusted according to your food type.

▼ Wait until 00:00 flashes, set the programme time with the selector knob.

▼ Press **START** |→.



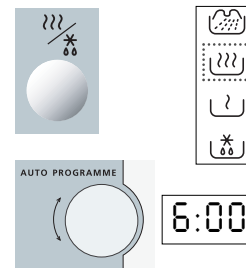
### ► In the event the food item you wish to cook does not correspond to any of the proposed food categories :

▼ Press the **FUNCTION** key  , select the microwave + grill  function.

A medium microwave power setting and the high grill level will be programmed.

▼ Wait until 00:00 flashes, set the programme time with the selector knob.

Press **START** |→.





## The fan functions

**2 convection cooking functions are available :**




**the fan function** 

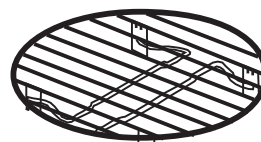
- to cook and brown food just as in a traditional convection oven

**the fan + microwave function** 

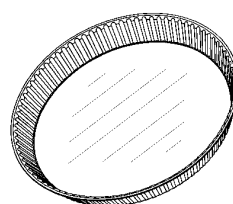
- to combine microwave power with fan cooking, for considerable time savings.

### Pointers

- The cooking temperature may be set from 50° - 250° C by 5° steps.
- Cooking time may be set from 0 - 90 by 1 minute steps.
- You may modify the cooktime at any point during the programme.
- It is always preferable to set a minimal cooktime and extend if necessary; check the browning of your dishes to avoid overcooking.
- Remember to always place your dishes on the rack in the low position when using the fan function  or fan + microwave function . This will ensure even heat distribution thereby providing optimal cooking results. Never use metal dishes when cooking with the fan + microwave function.
- Use only heat-resistant ovenware.
- The glass pie dish : it may be used for all pastries, quiches, pizzas, or as a roasting pan. You may also place it under the rack when grilling in order to catch drippings.
- When cooking with the fan + microwave function , do not use any metallic dishes.
- The appliance heats up when the fan function is employed. Do not touch the heating elements inside the oven. Always use an oven mitt to remove your dish as it may become quite hot.
- If you wish to defrost frozen food after using one of the fan functions, for better results, first let the microwave oven cool down for about ten minutes.



**the low rack**



**the glass pie dish**



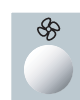
## Programming the fan function

### Example : to bake an apple pie

Using your favorite recipe, prepare the pie in the glass pie dish. Set the dish on the rack in the low position and place together on the turntable.

You choose the temperature and cooktime yourself according to personal preference.

▼ Press the **FAN** key.



▼ 175° flashes, requesting you set the desired temperature, ex. 220°.

220°

▼ When 00:00 flashes, enter the programme time, ex. 40 minutes.

40:00

▼ Press **START** |→

## Programming the fan + microwave function

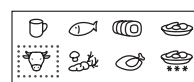
### Example : to cook a 1 kg roast beef

Set the roast in a non-metallic roasting pan, dress and season to taste. Put the pan on the rack in the low position and place together on the center of the turntable.

**You may program the fan + microwave function 3 different ways :**

#### Automatic programming

With the **AUTO** key, the programme time is set **automatically** according to the weight of your food item.



▼ Press the **FOOD TYPE** key, select **BEEF**.

▼ Press the **FUNCTION** key, select the **FAN + MICROWAVE** function.



▼ Press the **AUTO** key; the appropriate temperature for the roast is set automatically. 50 g flashes, requesting you set the weight of your food item : for the 1-kilo roast beef, enter 1000.



1000 g

▼ Press **START** |→ .

**The appropriate time is programmed automatically**, the cooking time and temperature necessary for the roast are displayed, (ex. 30 min, 200°).

30:00

200°

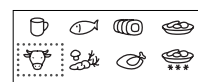


## Programming the fan + microwave function

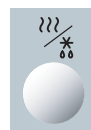
### Timed programming

You choose the cooktime yourself according to personal preference.

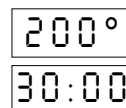
▼ Press the **FOOD TYPE** key, select **BEEF**.



▼ Press the **FUNCTION** key, select the **FAN + MICROWAVE** function.



▼ The appropriate temperature for the roast is set automatically, **00:00** flashes, requesting you set the desired programme length, ex. 30 minutes.



▼ Press **START** |→ .

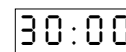
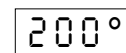
### Time / temperature programming

You choose the temperature and cooktime yourself according to personal preference

▼ Press the **FUNCTION** key, select the **FAN + MICROWAVE** function.



▼ **175°** flashes, requesting you set the desired temperature, ex. 200°.





▼ When **00:00** flashes, enter the programme time, ex. 30 minutes.

▼ Press **START** |→ .




## Recommendations

### WHILE THE OVEN IS OPERATING :

- If you used the time or **AUTO** key,  
➤ you may change the programme length at any time.
- You may stop or start the turntable revolving during a programme by pressing the **TURNTABLE STOP** key .
- To change the food type or **FUNCTION** selection, press the **CANCEL** key **C** twice and programme again.
- If you open the door before the end of the programme, shut the door and press the **START** key  to continue the programme.
- If you remove a dish before the end of the programme, press the **CANCEL** key **C** twice to erase the programme.

### REMARKS :

- If you wait longer than 3 minutes to press the **START** key  after having entered a programme, it will be cancelled (the clocktime will be displayed).



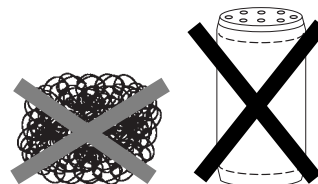
## Care & cleaning

- **WARNING** : It is recommended to clear the oven regularly and to take any food deposit inside and outside the appliance. Use a soapy and wet cloth. If the appliance is not kept clean, its surface could deteriorate and adversely affect its life and possibly result in a hazardous situation. If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.



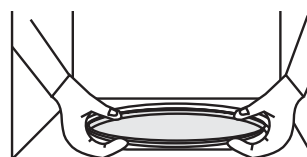
- A steam cleaner is not to be used.

- Do not use abrasives, alcohol or solvents as they are liable to damage the oven.



- In the event of unsavory odors or caked-on dirt, boil water containing lemon juice or vinegar in a cup for 2 minutes and clean the walls with a little dishwashing liquid.
- For those ovens with grill or convection heat functions, the top and rear air vents become very hot. Do not touch these parts after use; wait till the appliance has cooled down in order to clean it. Use a fine steel wool pad on the metal parts.


- The turntable can be removed for cleaning. Wells are provided on both sides for easy access. If you remove the drive shaft, do not allow water to enter the motor shaft hole.



Be sure to put the turntable, the drive shaft and the wheel support back in their proper place.



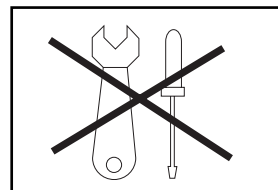
## Troubleshooting guide

<u>Problem</u>	<u>Suggestion</u>
▼ The time counts down, but the appliance does not function (the turntable does not rotate, the light does not come on and the food is not heated)	▲ Press the <b>TURNTABLE OFF</b> key  for 5 seconds.
▼ The microwave oven is noisy when operating.	▲ Adjust the front left foot. Clean the wheels and the well area-beneath the turntable.
▼ Condensation forms on the door glass	▲ Clean the vents under the appliance.
▼ The grill element smokes when it heats up.	▲ Clean all cooking residue from the grill element.
▼ The turntable does not revolve correctly	▲ Clean the wheels and the well beneath the turntable.
▼ The microwave programs do not produce the desired results.	▲ Clean the vents under the appliance. Make sure that you use only containers which are suitable for microwave cooking.
▼ The appliance produces sparks.	▲ Check whether the wheel support is correctly positioned. Thoroughly clean the appliance : remove any greasy deposits, cooking residue, etc... Move any metal objects away from the oven walls. Never use metallic containers with the rack.



## After-sales service

- If the equipment has sustained any damage :
  - **Check that the door is not deformed.**
- If the oven does not operate, before calling the repairman :
  - Check the electrical supply.
  - Check that the door is properly closed.
  - Check your programming.



**CAUTION : never attempt to repair your oven yourself.**

**WARNING :** it is dangerous for anyone other than qualified personnel to make any repairs requiring removal of the cover providing protection from exposure to microwave energy.

**Only a specially trained technician is qualified to repair your microwave oven.**







